

Your quit is all about the try.

Nobody's perfect. Ask almost anyone who's successfully quit tobacco, and they'll tell you—it was worth the effort.

The best part?

Each attempt to quit helps you learn what's working and what's not. And when you pair your efforts with the expertise of the Nebraska Tobacco Quitline, you'll always have someone rooting for you to succeed.

We've helped others, and we can help you too.

Call today for free, 24/7 support that will help turn your **tries** into your successful **quit**.

Tobacco dragging you down?

There're reasons why, and you're not alone.

1-800-QUIT-NOW
(784-8669)

1-855-DÉJELO-YA
(335-3569)

QuitNow.ne.gov

NEBRASKA
TOBACCO
QUITLINE

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QUITLINE



Change the way you think about tobacco.



Whatever your reason may be, there's someone out there who can relate.



“Having a quit plan and a team in my corner helped me focus on why I wanted to quit and avoid trigger points in order to succeed.”



“I made a commitment to myself and my overall health. Tobacco just didn’t fit anymore.”



“Adjusting how I dealt with stress was key to my quit plan—drink more water, chew gum, walk more often—and these little changes made a big difference.”



Connect with people who understand the positive impact quitting tobacco can create in your life.

You have experts in your corner—just a phone call away. The Nebraska Tobacco Quitline has helped hundreds of Nebraskans like you successfully quit. And we can help you too.